

#### About us

We are a small independent company formed in March 2007 to offer visitors to Hua Hin an unforgettable biking experience.

Our operation is based in Hua Hin, Thailand, and was founded by Paul and Susan Mason, originally from England but now living in the wonderful kingdom of Thailand, just outside of Hua Hin.

We ourselves have done many cycling trips in Thailand and this was the catalyst for us to offer similar, but (hopefully you'll agree), a better service in and around Hua Hin.

As a small independent company we are able to offer you a personal 'door to door' service, and hope to provide you with an unforgettable experience.

#### About Hua Hin

Hua Hin is a beautiful seaside town, located 200km south of Bangkok on the West Coast of the Gulf of Thailand, Hua Hin and has all the charm of a Thai village but the sophistication of a Mediterranean resort.

The town is popular with older couples and families but has plenty to do for all ages and interests, including a lively, but civilized nightlife.

#### Getting there:

Daily train service from Bangkok - four hour journey; or we can arrange for you to be collected. A private transfer takes approx. three hours and costs 2,300 baht.

Attractions include - 5km of beaches in various coves with safe swimming; beautiful scenery, eco-tourism in two national Parks; wonderful shopping in the famous Hua Hin Night Market, and the new Market Village shopping complex, 6 golf courses, and many superb restaurants catering for all styles of cuisine.

#### Our values and philosophy

When you choose a Sea Hill MTB tour you are travelling with people who have a strong commitment to their region. We are determined to provide a genuine experience and immerse our clients in every possible cultural aspect of Thailand.

Your guide is devoted not only to making your tour a smooth and trouble-free journey, but also ensuring it is a day to remember.

The best travel experiences can have a rich and rewarding effect on our lives, and detailed planning is crucial to ensure the best experience for your time and money. Sea Hill MTB combine our two great passions - cycling and Thailand - to create a truly great travel experience.

We don't cut corners. We design small group journeys for people who share our passion for the total experience of travelling in Thailand - the food, the natural beauty, the history, culture and people. Our small group travel is different from the rest because we ensure your tour is a complete and unforgettable experience - and excellent value!

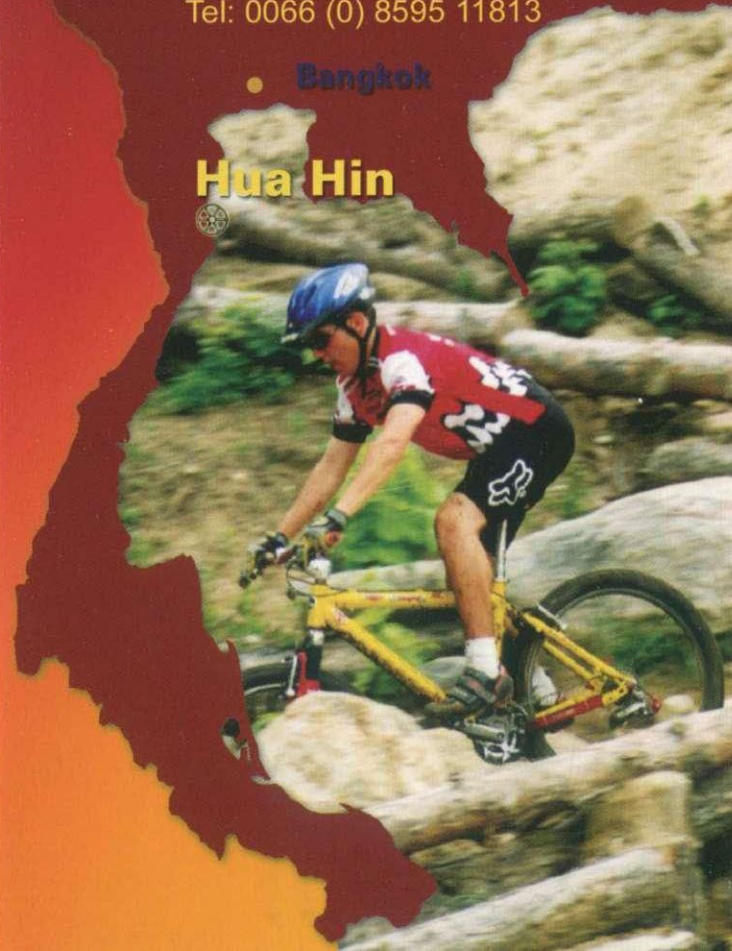
## How to contact us

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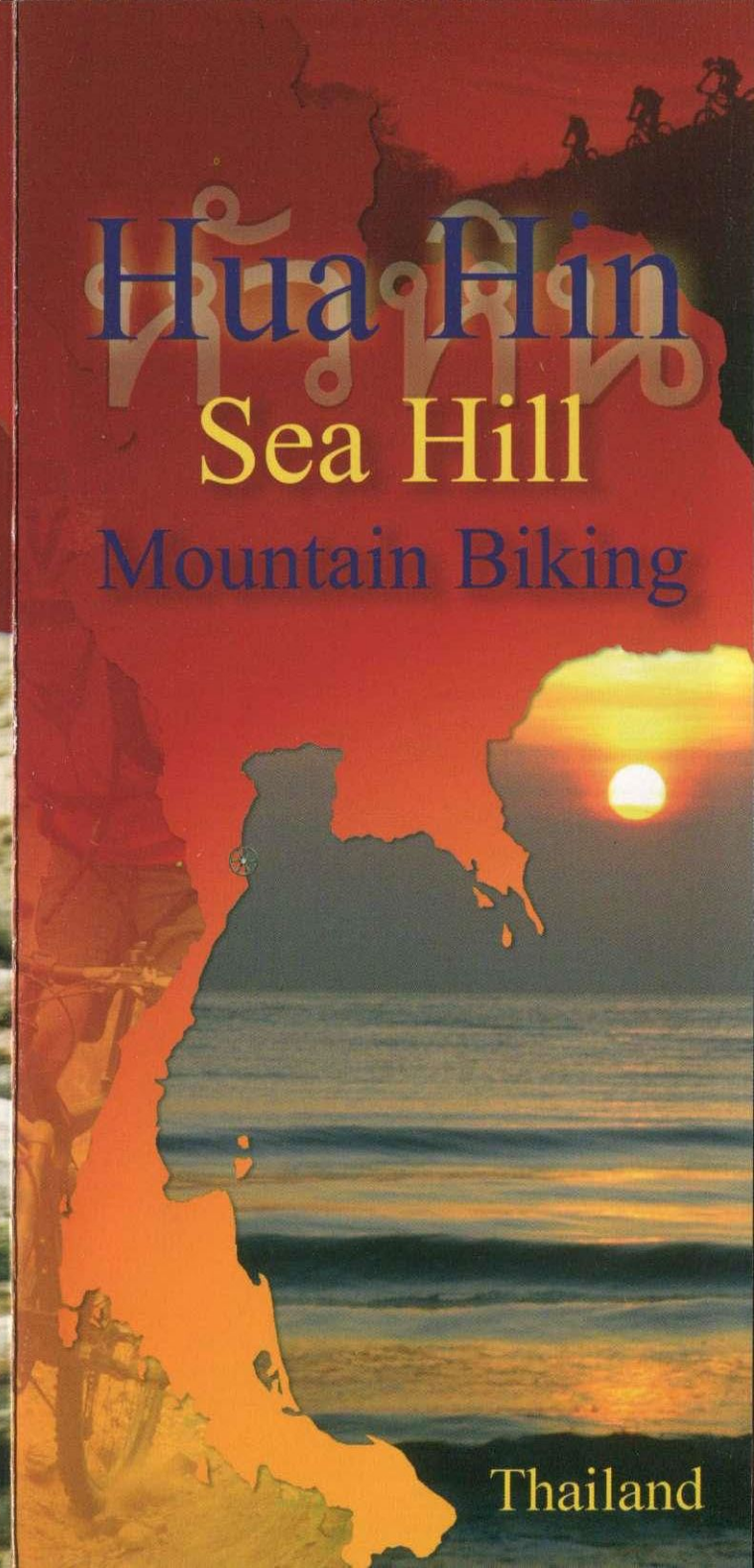
Web: [www.seahillmtb.com](http://www.seahillmtb.com)  
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• Bangkok

Hua Hin



# Hua Hin Sea Hill Mountain Biking



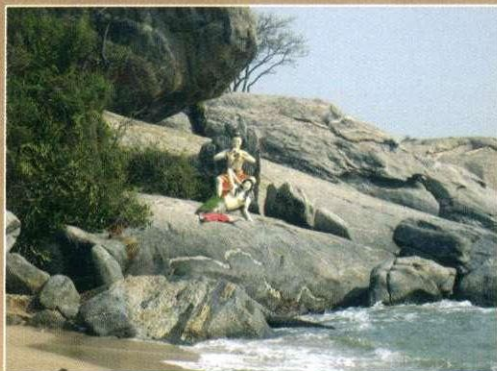
Thailand



Welcome to the **Sea Hill Mountain Biking** brochure. This is where your fun holiday trip begins!

### When can you go?

All trips are offered every day of the week. *(subject to availability)*  
You will be collected from your hotel between 8:00am and 8:20am, returning no later than 3:00pm.



### Please phone now to make a booking:

Tel: **08595 11813** or Tel: **08670 99135** or contact us via our website...

**www.seahillmtb.com**  
**email: info@seahillmtb.com**

When you book we will need the following information from you:

Your full name, hotel name, address and room number;  
Your weight and height (to set up the bicycle for you);  
Any special dietary requirements you may have;

### Prices:

The prices of individual tours are shown on our website, and range from 1,000-1,500 baht. (See **www.seahillmtb.com**)

### These are fully inclusive prices and include:-

BIKE HIRE- Using the latest 2007 TREK 6000™ Bicycles

HELMET (Must be worn for your safety)

COLLECTION from and RETURN to your hotel

FREE FRUIT, SOFT DRINKS and WATER all day

THAI LUNCH at a restaurant en route

Tours to be paid for in Thai Baht upon collection from your hotel

### Some of the tours on offer (see our website for full details):-

#### Dolphin Bay and Khao Kalok

This is a beautiful 22km ride, with fabulous beachfront cycling, on virtually traffic free roads. If you want sun, sand, sea, and views 'to die for', this is the ride for you! We cycle a totally deserted road at the foot of the Sam Roi Yot mountains and the sea front at Dolphin Bay.

We then turn off the beachfront to cycle past a temple on the roadside, and after a kilometre, drop back down onto the seafront again in Khao Kalok Bay. Once again, there is beautiful riding for a further few kilometres along the front, until we reach Khao Kalok itself. Before stopping for lunch we cycle around the Khao to a Forest Park and you can explore the trails (if you've got a good head for heights!!) Finally, we cycle back to Khao Kalok to finish the ride at a beachside restaurant where you will enjoy a delicious Thai lunch.

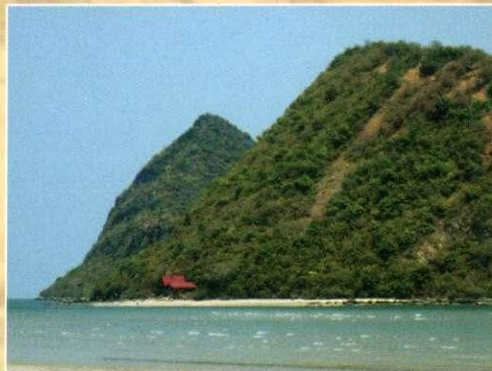
#### Beaches, Coves, Mangroves and Mermaids

Starting the trip at a beautiful fishing cove near Pranburi, we climb up a long, but shallow hill into the Pranburi forest where you will see wonderful mountain scenery including pineapple, banana and coconut plantations. We explore a Mangrove trail, and then cycle to 'Mermaid' beach, a lovely hidden cove. Next, on to the final cove, where we cycle around the 'Royal' lake; an area developed by the Queen of Thailand, and visit another fisherman's cove with amazing Buddha statues and monks' sanctuary. We finish the ride here at a beachside restaurant where you will enjoy a superb Thai lunch, overlooking the bay and statues.

#### Khao Sam Roi Yot National Park

During the ride we visit Khao Daeng Viewpoint, an incredible vantage point overlooking a vast area of the park. We cycle onto a temple site, with a spectacular mountainous backdrop, and cycle through a Thai village next to the Khao Daeng Canal. We then travel onto Sam Phraya Beach, 5 kilometers to the north of the headquarters, a fascinating beach in the middle of casuarina vegetation.

Cycling a further 5km we visit Tham Sai Cave located in the bush at Tanot. Another steep climb (on foot) up a hill for 280 mtrs., takes us to this fascinating cave, with beautiful stalactites and stalagmites inside. Finally, we visit the Phraya Nakhon Cave via Laem Sala Beach. This vast cavern high on a hill is the favourite destination for visitors to the park. The website has full details.



### Our Bikes

We use the latest 2007 spec. TREK 6000™ mountain bikes because they are high quality, durable pieces of equipment. We love the quality components on this bike, including the Avid Juicy 3 © hydraulic disk brakes which will cope with the most demanding roads, and 'stop you on a sixpence'. Even on our road trips, the surface can often be potholed, and there are also usually un-surfaced sections to explore, so these Trek mountain bikes are the ideal ride. They also have enough gears (27) to cope with the most gruelling climbs.



### Maintenance and Standards

All our bikes are cleaned, checked and lubricated after every single ride! They are taken to a professional bike shop in Hua Hin every seven days for a full maintenance check, and any parts that are showing signs of wear are replaced...before they go!!

Clearly, all mechanical parts are prone to failure, however should your bike fail to finish the ride we will refund you the total cost of the tour. No argument!

**\*\*All helmets and water bottles are also washed and sterilised after each and every ride\*\***

### Safety first

Our experience in running tours and our knowledge of the local environment enables us to minimize risks and dangers; we make sure all our clients wear good-quality helmets and understand the rules of the road.

However, in case of any mishaps all our leaders are trained in first aid and rescue and have comprehensive instructions on what to do and where to go for further treatment.